

# walk<sup>®</sup> WITH a DOC Grass Valley

**FREE Community Event on the  
3rd Wednesday of Every Month  
7:30-8:30am**

**Litton Trailhead - Sierra College Dr, Grass Valley  
(Meet at bus stop across from the firestation)**

This walking program is a fun and safe place to take a walk (at your own pace), learn health tips from local healthcare providers, and meet new friends. The event is **FREE** and all are welcome!



Questions?  
[contact@walkwithadoc.org](mailto:contact@walkwithadoc.org)  
(614) 714-0407



We are a local chapter of an international 501(c)3. Learn more at [walkwithadoc.org](http://walkwithadoc.org)